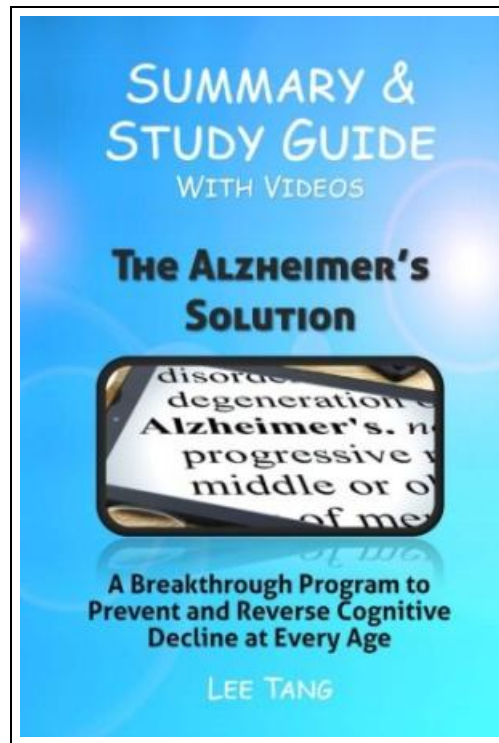


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Createspace Independent Publishing Platform, 2017. Paperback. Condition: New. Large type / large print edition. Language: English . Brand New Book ***** Print on Demand *****.Reduce the Risk of Alzheimer s Disease by 90 Optimize Your Cognitive Function The must-read summary of The Alzheimer s Solution: A Breakthrough Program to Prevent and Reverse the Symptoms of Cognitive Decline at Every Age, by Dean Ayesha Sherzai, MD. This complete summary of Dean Ayesha Sherzai s book explains the biology of Alzheimer s disease and the five-part program to prevent and reverse cognitive decline. By following this program, ninety percent of us can avoid ever getting Alzheimer s. The ten percent with strong genetic risk for Alzheimer s can delay the disease by ten to fifteen years. Those diagnosed with the disease can reverse the symptoms, be cognitively active, and add healthy years to life. This guide includes: Book Summary-The summary helps you understand the key ideas and recommendations. Online Videos-On-demand replay of public lectures, and seminars on the topics covered in the chapter. Value-added of this guide: Save time Understand key concepts Expand your knowledge Read this summary and apply the ideas to prevent and reverse the symptoms of this debilitating illness that threaten you and your loved ones. tags: alzheimer s disease, aging, cognitive decline, memory problems, sleep deprivation, exercise, meditation, inflammation, oxidative reaction, oxidation, glucose dysregulation, lipid dysregulation, amyloid plaques, tau tangles, lifestyle intervention, APOE4, anxiety, depression, antidepressant, beta-amyloid, brain reserve, cognitive reserve, brain shrinkage, breathing exercise, sleep apnea, epigenetics, blood pressure, blood sugar, complex carbohydrates, plant-based diet, cardiovascular disease, diabetes, heart disease, dementia, mental illness, caffeine, cholesterol, circadian rhythms, meat, resistance training, aerobic exercise, stretching exercise, balance training, language skills, social interaction, mild cognitive impairment, metabolism, memory problems, nutrition, supplements, detoxification, nuts and seeds, restorative sleep, sedentary lifestyle, sleep...



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